

SCHOOL LUNCH MENU PLANNER

Component	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Weekly Total	Other Weekly Requirements (Check if in compliance)
Fruit cups	Juice:	Juice:	Juice:	Juice:	Juice:	Juice:	Juice:	Total Juice:	<input type="checkbox"/> Juice no more than half of fruit component
	Fruit (raw):	Fruit (raw):	Fruit (raw):	Fruit (raw):	Fruit (raw):	Fruit (raw):	Fruit (raw):	Total Fruit (raw):	
	Daily Total:	Daily Total:	Daily Total:	Daily Total:	Daily Total:	Daily Total:	Daily Total:	Weekly Total:	
Vegetables cups	Daily Total:	Daily Total:	Daily Total:	Daily Total:	Daily Total:	Daily Total:	Daily Total:	Weekly Total:	<input type="checkbox"/> Juice no more than half of vegetable component
1.Dark Green									
2.Red/Orange									
3.Beans/Peas									
4.Starchy									
5.Other									
6.Additional									
Grains oz./eq.	Daily Total:	Daily Total:	Daily Total:	Daily Total:	Daily Total:	Daily Total:	Daily Total:	Weekly Total:	<input type="checkbox"/> 100% Whole Grain <input type="checkbox"/> Dessert less than or equal to 2oz./eq.
Meat/Meat Alternate oz./eq.	Daily Total:	Daily Total:	Daily Total:	Daily Total:	Daily Total:	Daily Total:	Daily Total:	Weekly Total:	
Milk fat-free flavored or unflavored 1% unflavored	Variety #1:	Variety #1:	Variety #1:	Variety #1:	Variety #1:	Variety #1:	Variety #1:	Weekly Total:	
	#2:	#2:	#2:	#2:	#2:	#2:	#2:		